**Workout A**
Focus: Stability
Rest Time: 30-45 sec

**Warm Up:**
- Foam Roll - Upper Back, Quad, Hamstrings, Calves
- High Knees - 30 sec
- Butt Kicks - 30 sec
- Lunge & Twist - 10 each leg

**Workout:**
- **Bodyweight Squat** - 4 x 12-15reps
  
  ![Video Link](https://www.youtube.com/watch?v=R1v152b72lo)

- **Walking Lunges** - 4 x 12-15reps (each leg)
  
  ![Video Link](https://www.youtube.com/watch?v=YYWhkctnP2o)

- **Single Leg Romanian Deadlift** - 4 x 12-15reps (each leg)
  
  ![Video Link](https://www.youtube.com/watch?v=ViVhUZGk6i4)

- **Swiss Ball Leg Curls** - 4 x 12-15reps
  
  ![Video Link](https://www.youtube.com/watch?v=Kk8dpH4ZPos)

- **Push Up w/ Single Arm Raise** 4 x 12-15reps
  
  ![Video Link](https://www.youtube.com/watch?v=S39SeKk3t_o)

- **Reverse Crunches** - 3 x 12-15reps
  
  ![Video Link](https://www.youtube.com/watch?v=hyv14e2QDq0)

- **Russian Twists** - 3 x 20-25reps
  
  ![Video Link](https://www.youtube.com/watch?v=wkD8rjkdUI)

**Cool Down:**
- Foam Roll - Upper Back, Quad, Hamstrings, Piriformis, Calves
  - Lower Body - ![Video Link](https://www.youtube.com/watch?v=up7Yi4k1ei4)
  - Upper Back - ![Video Link](https://www.youtube.com/watch?v=Mh_YxQB2E7E)
    - Be sure to avoid the rolling the lower back!

**Recommended Stretches:**
- Hamstring
- Quadricep
- Groin
- Leaning Tower
- Shoulder Retraction/Protraction
- Thoracic Spine Rotations

**Workout B**
Focus: Strength
Rest Time: 1-2 min
Notes: Continue to make form the primary priority, then add weight to ensure the workout is challenging

Warm Up:

- Foam Roll - Upper Back, Quad, Hamstrings, Calves
- High Knees - 30 sec
- Butt Kicks - 30 sec
- Lunge & Twist - 10 each leg

Workout:

- **Back Squat** - 4 x 8-10reps
  [https://www.youtube.com/watch?v=RpBf5ZRdvWE](https://www.youtube.com/watch?v=RpBf5ZRdvWE)
  - Weighted resistance is encouraged but form should not be compromised because of the added resistance
- **Barbell Deadlift** - 4 x 8-10reps
  [https://www.youtube.com/watch?v=hCDzSR6bW10](https://www.youtube.com/watch?v=hCDzSR6bW10)
  - Pre-weighted bars are useful
- **Kettlebell Swings** - 4 x 8-10reps
  [https://www.youtube.com/watch?v=YSxHifyI6s8](https://www.youtube.com/watch?v=YSxHifyI6s8)
- **Reverse Lunges** - 4 x 8-10reps
  [https://www.youtube.com/watch?v=raQl44N_REc](https://www.youtube.com/watch?v=raQl44N_REc)
  - Dumbbells can be held at sides for added resistance
- **Pull Ups** - 4 x 8-10reps
  [https://www.youtube.com/watch?v=vw5Xmu5Clew](https://www.youtube.com/watch?v=vw5Xmu5Clew)
  - Lat Pull Downs may be done in place of these if Pull-Ups or the rep range are too difficult
  - [https://www.youtube.com/watch?v=U5YWNF3675Q](https://www.youtube.com/watch?v=U5YWNF3675Q)
- **Ab Circuit**: 3 rounds
  - **Plank**: 1min
    [https://www.youtube.com/watch?v=ASdvN_XE1_c](https://www.youtube.com/watch?v=ASdvN_XE1_c)
  - **Side Plank**: 30sec
    [https://www.youtube.com/watch?v=K2VljzCC16g](https://www.youtube.com/watch?v=K2VljzCC16g)

Cool Down:

- Foam Roll - Upper Back, Quad, Hamstrings, Piriformis, Calves
  - Lower Body - [https://www.youtube.com/watch?v=up7Yi4k1ei4](https://www.youtube.com/watch?v=up7Yi4k1ei4)
  - Upper Back - [https://www.youtube.com/watch?v=Mh_YxQB2E7E](https://www.youtube.com/watch?v=Mh_YxQB2E7E)
    - Be sure to avoid the rolling the lower back!

Recommended Stretches: [https://www.youtube.com/watch?v=IVt1KqKcYZk](https://www.youtube.com/watch?v=IVt1KqKcYZk)
- Hamstring
- Quadricep
- Groin
- Leaning Tower
- Shoulder Retraction/Protraction
- Thoracic Spine Rotations

**Workout C**
Focus: Power, Form, Intensity
Rest Time: 2-3 min

**Warm Up:**

Foam Roll - Upper Back, Quad, Hamstrings, Calves
High Knees - 30 sec
Butt Kicks - 30 sec
Lunge & Twist - 10 each leg

**Workout:**

**Back Squat - 3 x 5**
[https://www.youtube.com/watch?v=RpBf5ZRdvWE](https://www.youtube.com/watch?v=RpBf5ZRdvWE)

**One Arm Kettlebell Swings 3 x 5**
[https://www.youtube.com/watch?v=lax7Em1FzYA](https://www.youtube.com/watch?v=lax7Em1FzYA)

**Box Jumps 3 x 8-10**
[https://www.youtube.com/watch?v=IgB8NkJ5Xpc](https://www.youtube.com/watch?v=IgB8NkJ5Xpc)

**Burpees 3 x 8-10**
[https://www.youtube.com/watch?v=dZqVxm6jkA](https://www.youtube.com/watch?v=dZqVxm6jkA)

**Circuit - 3 rounds**
- **Ball Slams 8-10 reps**
  [https://www.youtube.com/watch?v=6jdbnc_al_M](https://www.youtube.com/watch?v=6jdbnc_al_M)
- **Hanging Leg Raises 8-10 reps**
  [https://www.youtube.com/watch?v=IS5B0MmLgZs](https://www.youtube.com/watch?v=IS5B0MmLgZs)
- **Superman 8-10 reps**
  [https://www.youtube.com/watch?v=cc6UVRS7PW4](https://www.youtube.com/watch?v=cc6UVRS7PW4)

**Cool Down**

Foam Roll - Upper Back, Quad, Hamstrings, Piriformis, Calves
- **Lower Body** - [https://www.youtube.com/watch?v=up7Yi4k1ei4](https://www.youtube.com/watch?v=up7Yi4k1ei4)
- **Upper Back** - [https://www.youtube.com/watch?v=Mh_YxQB2E7E](https://www.youtube.com/watch?v=Mh_YxQB2E7E)
  - Be sure to avoid the rolling the lower back!

**Recommended Stretches:** [https://www.youtube.com/watch?v=IVt1KqKcYZk](https://www.youtube.com/watch?v=IVt1KqKcYZk)
- Hamstring
Workout D
Focus: Maintenance and Recovery

Warm Up:

Foam Roll - Upper Back, Quad, Hamstrings, Calves
High Knees - 30 sec
Butt Kicks - 30 sec
Lunge & Twist - 10 each leg

Workout:

**Bodyweight Box Squat - 3 x 10-15reps**
https://www.youtube.com/watch?v=YRmghGLu2ZQ

**Bodyweight Walking Lunges - 3 x 10-15reps (each leg)**
https://www.youtube.com/watch?v=YYWhkctnP2o

**Bodyweight Inverted Row - 3 x 10-15reps**
https://www.youtube.com/watch?v=5LZa9TzkjRg

**Push Up w/ Single Arm Raise - 3 x 10-15reps**
https://www.youtube.com/watch?v=S39SeKk3t_o

Cool Down:

Foam Roll - Upper Back, Quad, Hamstrings, Piriformis, Calves
- Lower Body - https://www.youtube.com/watch?v=up7Yi4k1ei4
- Upper Back - https://www.youtube.com/watch?v=Mh_YxQB2E7E
  - Be sure to avoid the rolling the lower back!

Recommended Stretches: https://www.youtube.com/watch?v=lVt1KqKcYZk
- Hamstring
- Quadricep
- Groin
- Leaning Tower
- Shoulder Retraction/Protraction
- Thoracic Spine Rotations

Sources:
https://www.mensjournal.com/health-fitness/strength-training-for-marathon-runners/